

Laton High School

March 2023

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
		1 Breakfast Sandwich Mixed Jelly Cinnamon Toast Crunch Cheese Stick Fresh Apple Cranberry Craisins Grape Juice White Milk Chocolate Milk	2 Breakfast Pizza Bagel Cocoa Puff Bug Bites Fresh Apple Mandarin Oranges Cranberry Juice White Milk Chocolate Milk	3 Mini Cinnis Fruit Loops Gold Fish Graham Cracker Fresh Apple Diced Peaches Orange Juice White Milk Chocolate Milk	Calories 448 Sodium 545 mg Total Fat 8.03 g 16.1%
6 Cinnamon Churro Trix Cereal Cheese Stick Mixed Fruit Oranges Cranberry Juice White Milk Chocolate Milk	7 French Toast Sticks Syrup Cinnamon Toast Crunch Yogurt Raisins Oranges Fruit Juice White Milk Chocolate Milk	8 Cinnamon Roll Mixed Jelly Honey Nut Cheerios Cinn. Graham Diced Peaches Oranges Orange Juice White Milk Chocolate Milk	9 Breakfast Sandwich Mixed Jelly Apple Jacks Cheese Stick Pineapple Oranges Apple Juice White Milk Chocolate Milk	10 Crumb Cake Apple Jacks Scooby Snacks Cranberry Craisins Oranges Fruit Juice White Milk Chocolate Milk	Calories 490 Sodium 536 mg Total Fat 9.15 g 16.8%
13 Chocolate Chip Muffin Apple Jacks Scooby Snacks Mixed Fruit Oranges Cranberry Juice White Milk Chocolate Milk	14 Breakfast Pizza Ranch Packet Cinnamon Toast Crunch Cheese Stick Fresh Apple Diced Pears Apple Juice White Milk Chocolate Milk	15 Crumb Cake Mixed Jelly Cocoa Puff Bug Bites Fresh Apple Pineapple Fruit Juice White Milk Chocolate Milk	16 Mini Waffles Syrup Fruit Loops Trix Yogurt Fresh Apple Mandarin Oranges Orange Juice White Milk Chocolate Milk	17 Strawberry Bagelful Honey Nut Cheerios Gold Fish Graham Cracker Fresh Apple Diced Peaches Grape Juice White Milk Chocolate Milk	Calories 486 Sodium 485 mg Total Fat 7.85 g 14.5%
20 Biscuit w/Egg Patty HASHBROWNS Trix Cereal Cheese Stick Fresh Apple Fresh Banana Oranges Fruit Juice White Milk Chocolate Milk	21 Mini Pancake Apple Jacks Scooby Snacks Grapes Cranberry Craisins Fruit Juice White Milk Chocolate Milk Syrup	22 Breakfast Sandwich Mixed Jelly Cinnamon Toast Crunch Yogurt Grapes Mandarin Oranges Apple Juice White Milk Chocolate Milk	23 Breakfast Pizza Ranch Packet Cocoa Puff Cinn. Graham Grapes Diced Pears Orange Juice White Milk Chocolate Milk	24 Banana Bread Mixed Jelly Fruit Loops Bug Bites Mixed Fruit Grapes Cranberry Juice White Milk Chocolate Milk	Calories 483 Sodium 608 mg Total Fat 10.05 g 18.7%
27 French Toast Sticks Syrup Cinnamon Toast Crunch Yogurt Raisins Pineapple Fruit Juice White Milk Chocolate Milk	28 Breakfast Pizza Ranch Packet Cocoa Puff Bug Bites Fresh Banana Cranberry Craisins Grape Juice White Milk Chocolate Milk	29 Concha Fruit Loops Cheese Stick Raisins Fresh Banana Apple Juice White Milk Chocolate Milk	30 Banana Muffin Mixed Jelly Honey Nut Cheerios Gold Fish Graham Cracker Diced Pears Fresh Banana Orange Juice White Milk Chocolate Milk	31 Breakfast Tornado Tapatio Lucky Charms Trix Yogurt Applesauce Cup Oranges Grape Juice White Milk Chocolate Milk	Calories 473 Sodium 580 mg Total Fat 8.49 g 16.2%

*Menu subject to change without notice.
This institution is an equal opportunity provider.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.